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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Basics And Nothing But The Vital Basics Of Beauty And Make Up

By Maria Llorente

If you're tired of buying more and more beauty products, and in the end always use the same ones,

or they don't fit in your bathroom, we have the solution for you. In today's newsletter you will find a list with the vital beauty products that all of us women should have in our bathroom...and I'll also explain why it's important to have it and what it's for. This list will save you a lot of time and money...

FACIAL CARE

· Eye makeup remover Eye makeup remover formulas are soft, designed to remove makeup from this delicate part of the face. If you want to take care of your eye contour to avoid those extra wrinkles, buy an eye makeup remover that goes with your eye and your budget. And most importantly, get used to always using it!

· Facial makeup remover Buy one according to your skin type, your budget and your needs. Don't buy a makeup remover that can't be used on any occasion. A good makeup remover removes all types of makeup, night, day... Also, when you don't apply makeup, use it before going to sleep. Your face gets dirty with air pollutants and other substances.

· Skin toner Toner is optional. I use it a lot because I like the fresh sensation it leaves on my face. Also, it balances the skin's PH immediately and makes some creams absorb and penetrate rapidly. If you're going to buy one or you use one already, it's important that it adapts to your skin type and needs. For example, if you have sensitive skin, buy a calming one, or if you have greasy skin, buy an astringent one.

This is all you need to keep your skin clean! Now let's look at treatment and moisturizer.

Eye contour moisturizer This is an important investment, but you will appreciate it in the future. It takes eight to ten years to remove wrinkles, which means that we should begin moisturizing this part of the eye. Whew. From the time we were 20 years old... If you have not done it, you're in time to start now. There are contours of all types and for all ages. If you have bags or dark circles under your eyes, buy one that will help you with this problem! You will quickly notice the difference. If you already use one,

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remember to apply it before the moisturizer. The contour cream has a lighter formula than any other cream; that's why it should always be applied beforehand and around the eye with small, light touches.

Moisturizing cream You should always, always moisturize your skin. Cream not only gives you elasticity and moisturization but also protects you from external agents. Choose a cream that adapts to your type of skin. Do you have greasy skin? Buy a cream that's oil-free for oily skin types. Do you have sensitive, dry skin? Buy a cream that apart from moisturizing your skin completely will calm your skin.

It's better if you use the same cream in the morning and at night rather than, by having to buy a night and a day cream, reducing the quality. The ideal is to have two, but if you can't, buy a good one and use it day and night. Remember that it's not necessary to use a lot of the product, just enough to cover your face and neck.

Exfoliating lotion You can buy a good exfoliating lotion for a decent price. The exfoliating lotion can change the whole look of you skin within minutes. Buy one that adapts to your skin type. There are also exfoliating lotions for dry skin. They are very soft, but they produce a great result. Those of you who have very sensitive skin should be careful and try the product on the inside of your forearm before buying it. Make sure it's a good exfoliating lotion for your type of skin.

Buy exfoliating lotion often. It removes the dead cells from your skin. Apply it softly. You'll notice how your skin looks fresh and shining and how you can extend your makeup foundation better and more uniformly.

Facial masque At least once a month (better twice) you should apply a masque on your face. Which type? you may ask. Well, what you should ask is, What is my problem? Sometimes we use products just because we do...and many times we don't use products for a specific problem. Well, what is your skin like? Do you think you need more brightness? Use a cleansing masque. Do you need moisturizing? Use a moisturizer. Do you have stressed out and tired skin? Use a decongestant masque. There are some that, as they come in contact with a moist face, warm up and are delightful. What's more, now in most places you can find one-time masques...very affordable!

Lip moisturizer If you don't have much money, go to the pharmacy and buy an affordable lip moisturizing treatment. If you want to invest a bit more, you can buy one that even solves problems with small wrinkles or gives greater volume.

Serum Serum is a product that is used occasionally from treating wrinkles to dryness, lack of luster and a long etcetera. There are many types. They are usually expensive. You only need one and it lasts for a long time. If you want to, buy it when you need a crash treatment and an instant result...

And that's it...Of course there are many, many more products, but these are basically the essential ones. Don't miss out on our next newsletter; we will give you a complete list of the essential makeup items, basic eyeshadows, the ideal lipstick...and our advice about each one of the products that we've recommended.

Maria Llorente is a qualified Make Up Artist and Beauty expert. You read more of her articles at:

<http://www.promaquillaje.com>

Get that Glow!!!

By Nitin Jain

Wanna know the secret behind "getting the glow on the face"?? Here you go...

1. Always apply a light moisturizer, under-eye cream and sun-screen before leaving your house. Even if you are not going out, a hint of tinted moisture does no harm.

2. If you want to get that glow, ensure there's no trace of makeup before you go to bed. See some homemade makeup removers:

<http://www.ultimate-cosmetics.com/beauty/homemade-recipes/makeup-removers.htm>

3. Sleep does wonders to your skin, so try to get atleast 7 to 8 hours of rest everyday. See Beauty Sleep:

<http://www.ultimate-cosmetics.com/beauty/body-basics/beauty-sleep.htm>

4. Try and go in for a massage and facial at least once a month. This will help tone your skin. See facial massage:

<http://www.ultimate-cosmetics.com/beauty/skin-care/facial-massage.htm>

5. Drink lots of water, and if you can try to have at least 2 to 3 glasses of coconut water a day.

6. Work out is a good way to keep your skin healthy as it detoxifies the body. If you love to swim hit the pool everyday. For those who are not fond of water; you have the option of going for a jog.

7. Stick to a healthy diet of fruits and vegetables. Opt for salads instead of oily food. Use less oil while cooking. Try steaming, baking or roasting instead. It saves you a lot of calories, and is lighter to digest.

8. It is also very important to go on a calorie binge at times. If gorging on a chocolate pastry makes you happy, go ahead. But remember to do this not more once a week. It could go the other way, and you may have to repent.

Join the discussion: How can I get a glowing and radiant skin?

<http://www.ultimate-cosmetics.com/discus/about13.html>

Nitin Jain

For

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